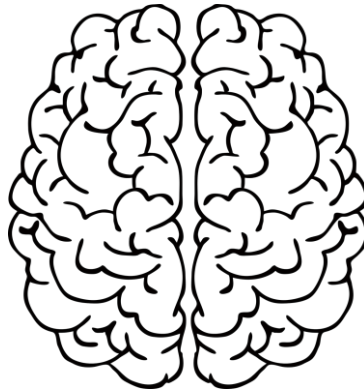


BRAIN HARASSMENT COMMANDMENTS



Sebastian Livaracci

To you, my friend: rage against self-induced senility

“

Don't let schooling
interfere with your
education

”

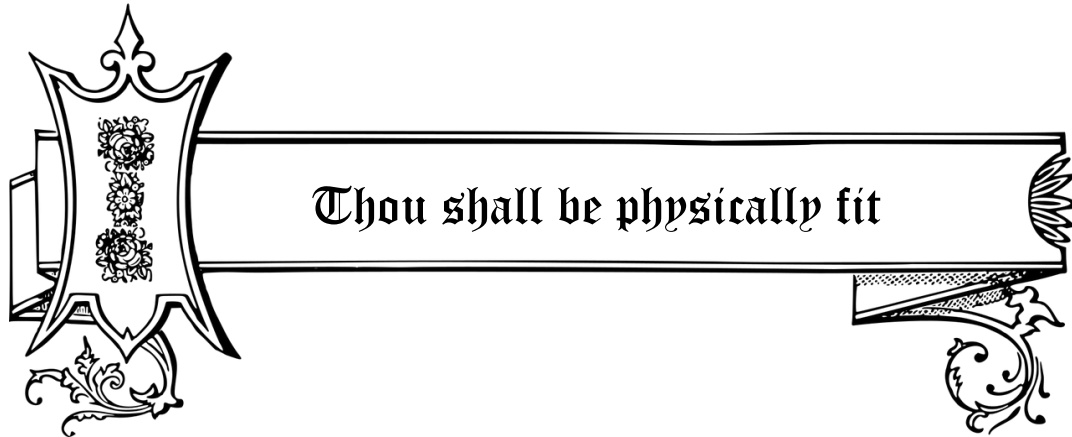


-Mark Twain

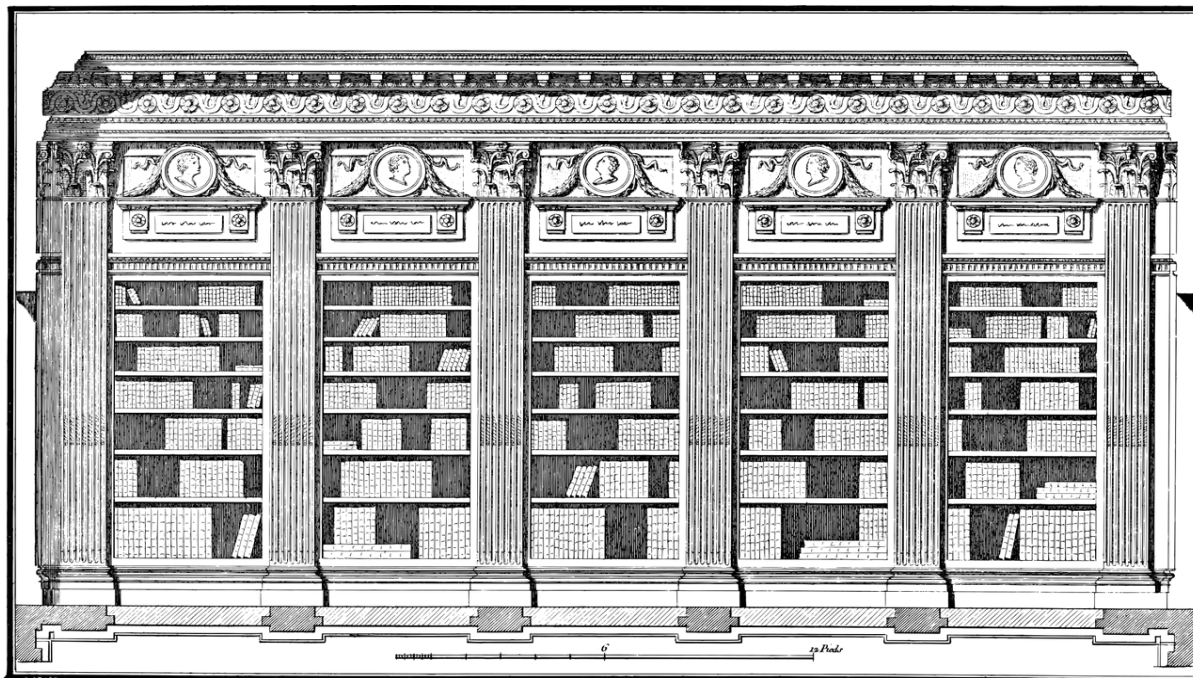
I don't care what religion, race, ethnicity, profession, political inclination, sexual orientation or nationality you belong to. It is no business of mine what your net worth is. I'm not bothered by your philosophy, social media followers or sports team(s) you support. As long as you strive to become a better person, a better human being. One of the ways you do that is by tasking your brain with better stuff, stuff that takes it away from a lull or some comfort zone. Stuff that makes you uncomfortable. That is how you grow, by harassing the brain.



Let us begin



Thou shall be a lifelong learner



A decorative border with intricate floral and leaf patterns in each corner, connected by straight lines.

3

Thou shall increase your vocabulary

- * Learn at least one word daily, if possible
- * Read Widely
- * Consult a dictionary regularly

Thou shalt concentrate on the One thing



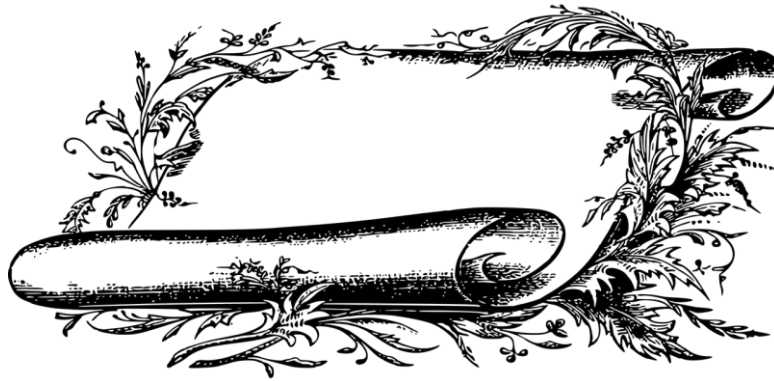
- * Stop multitasking
- * Stop being easily distracted
- * Stop with the 'busyness'
- * Stop with the orphan projects

5

Thou shalt find a hobby and be good at it

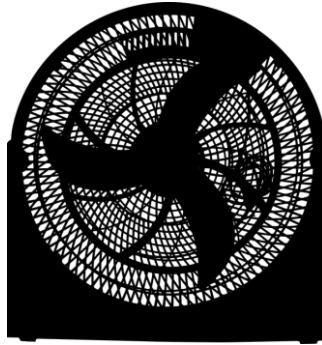


Thou shall put your goals in writing and find
time to review them often





Thou shalt be slow to anger



- * Practice reacting differently to people who annoy you
- * Practice empathy
- * One word: Equanimity
- * Be cool



Thou shall get into a community



- * Join and become an active member of an association or club or society
- * Volunteer at a charity
- * Join a Community Organization

9

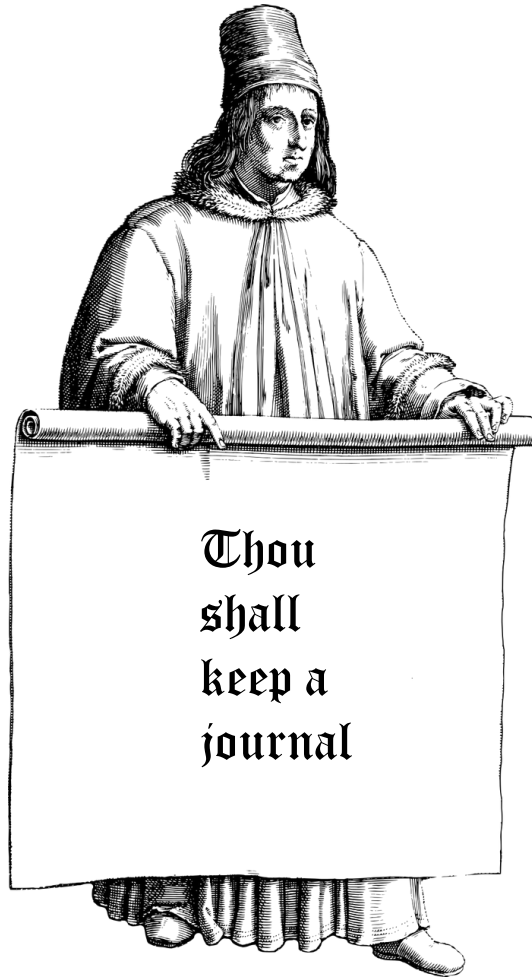
Thou shalt seek a mentor



10

Thou shall see programmes you wouldn't be
caught dead watching





- For your daily thoughts
- For your inspirations and aspirations
- For your planning
- For your memory

Thou shall be a team player



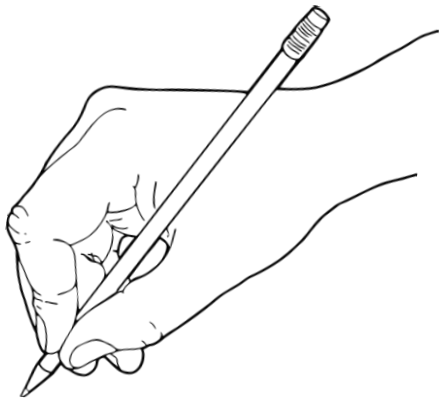
- Encourage sharing of ideas in your networks
- Participate in learning at the work place
- Talk to co-workers about their lives

Thou shalt be a teacher of souls

- * Try your hand at teaching
- * Lecture at the local continuous education programme
- * Use platforms such as Fiverr, YouTube and Masterclass



Thou shall write an article about something, anything

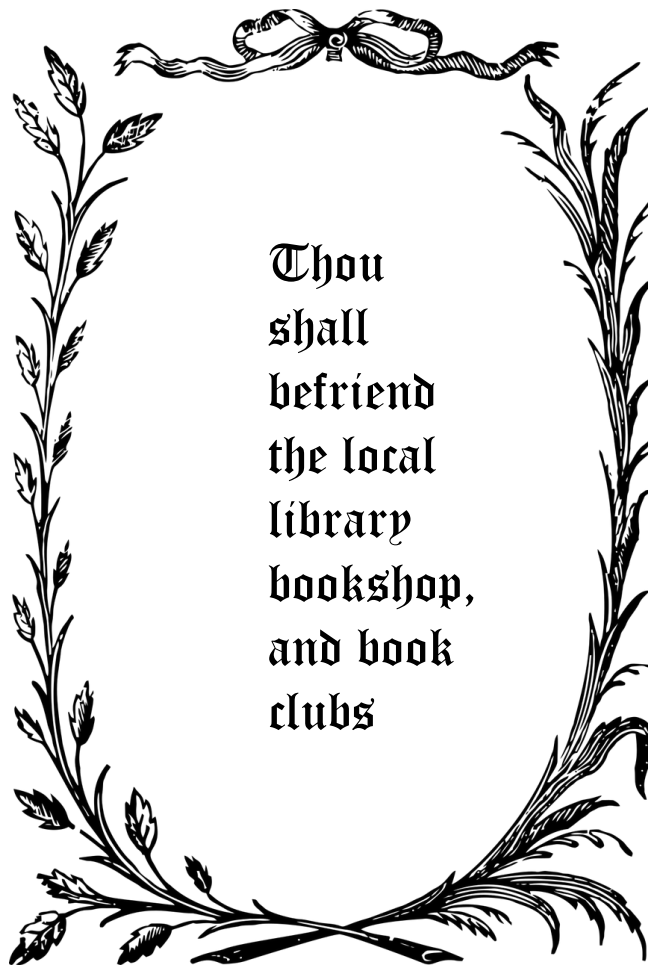


For a newspaper
For a magazine
For an organization
For a religious institution

Thou shalt read things outside your comfort zone



Subscribe to a variety of subjects
Read cross-cultural literature



Thou
shall
befriend
the local
library
bookshop,
and book
clubs

Thou shalt spend time talking to and listening to
your children

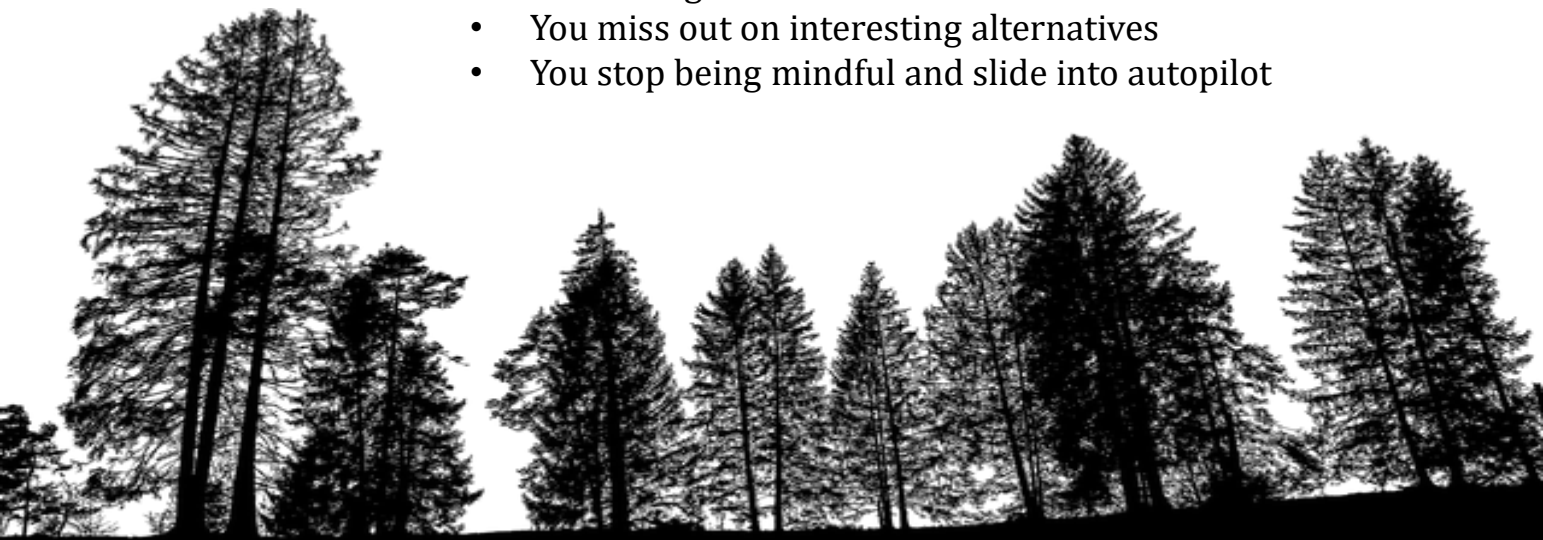


Thou shalt strike a conversation with a stranger, without an end-goal, other than the conversation itself. This is the way.



Thou shalt avoid taking the same route to work

- It is boring
- You miss out on interesting alternatives
- You stop being mindful and slide into autopilot



Thou shall find a way to keep your thoughts
recorded -especially those of the eureka variety



- Notepad
- Tape Recorder
- App
- Social Media



Thou
shall
learn
another
language



22

Thou shalt explore places you have never been to



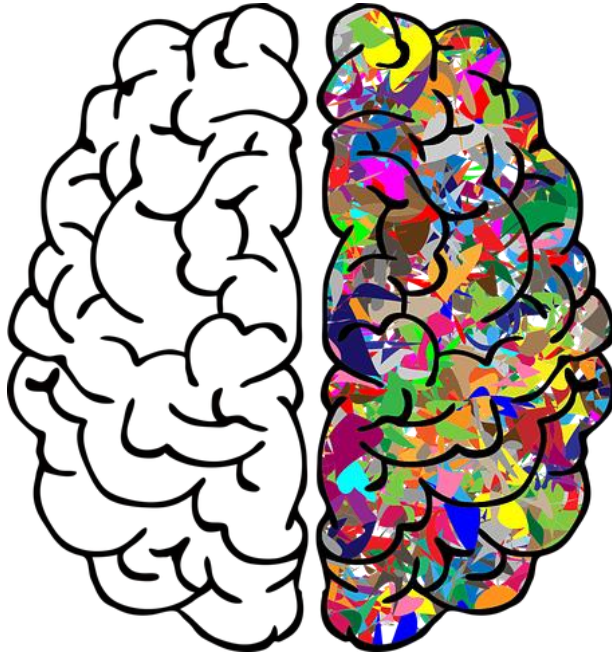
- ✓ Hotels
- ✓ Galleries
- ✓ Pubs
- ✓ Restaurants
- ✓ Museums
- ✓ Scenic Routes
- ✓ Cool Destinations
- ✓ Bucket list destinations

Thou shall take a vacation, leave the stress behind and
actually relax



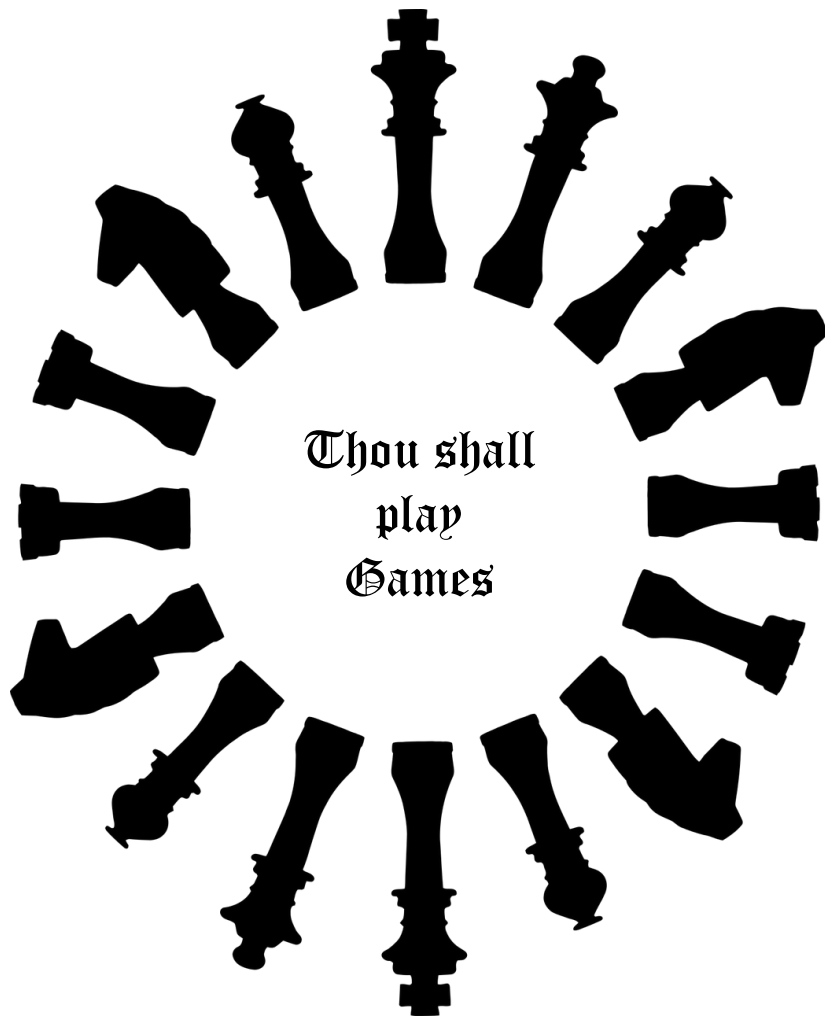
- ✓ No inquiring how things are back at home
- ✓ No looking at emails
- ✓ Make it difficult to be contacted
- ✓ Seriously plan for personal renewal time

Thou shalt appreciate art

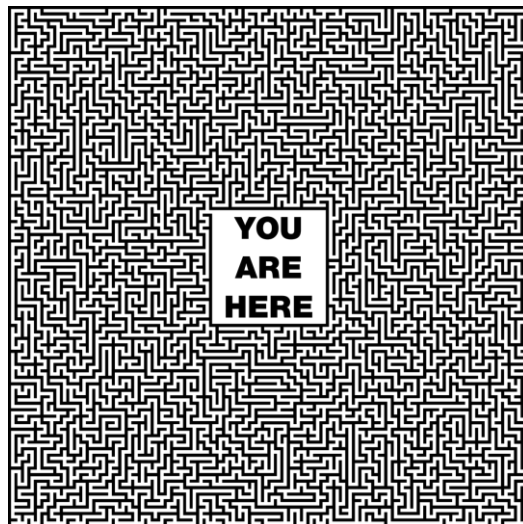


- * Go see a play
- * Go see a musical
- * Go attend a ballet
- * Go to a cultural festival
- * Go to a trade show
- * Go to the local flea market
- * Go attend a concert
- * Go to a gallery
- * Go to a burning man festival

25



Thou shall solbe puzzles



Thou shalt see the good attributes in your
enemies

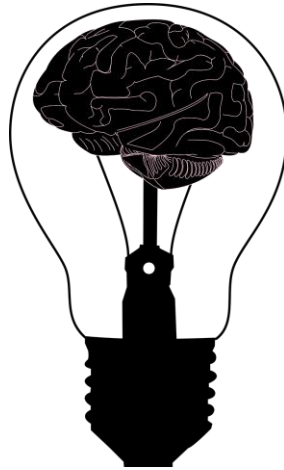


They have something to teach you



Thou shall watch a TV-Discussion and try to
follow the various points of view

Thou shall be an idea factory

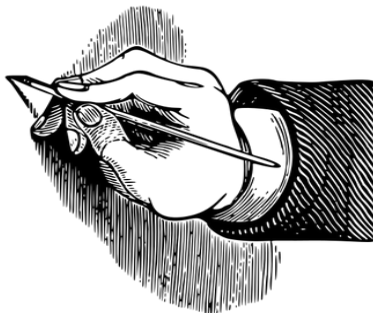
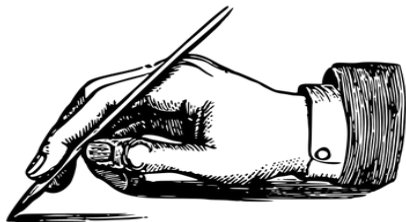


Churn out crazy, silly, idiotic, repugnant, brilliant, fantastic,
out of this world ideas

30



Thou shalt learn to draw and or sketch

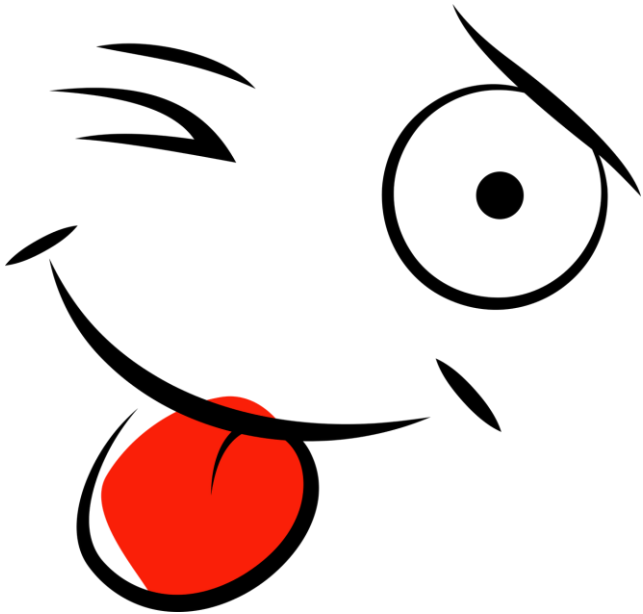


Thou shalt seek out friends smarter, better and
more accomplished than you



32

Thou shall have a sense of humour



Thou shalt accept that some things are beyond your control

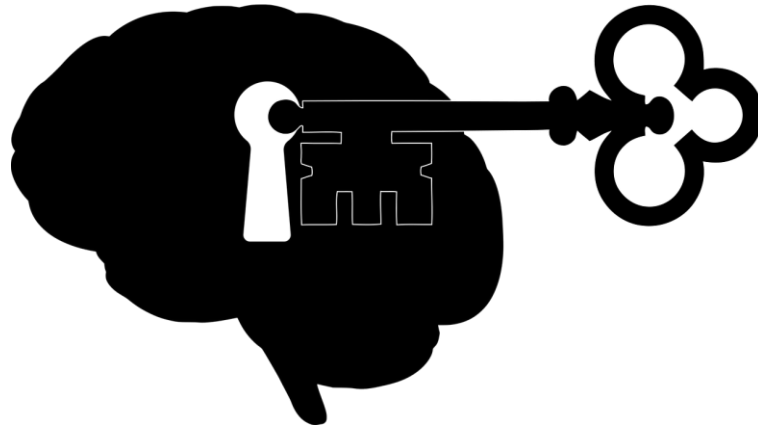


Thou shalt be a writer, even if, for a day



Poetry
Play
Screenplay
Essays
Memos
Memoir
Novel
Novella
Article
Blog piece
Manifesto
Laws
Letters

*Thou shalt examine your beliefs, dogmas and
biases and seek to destroy them or probe them*



Misconceptions grow deep into the soil

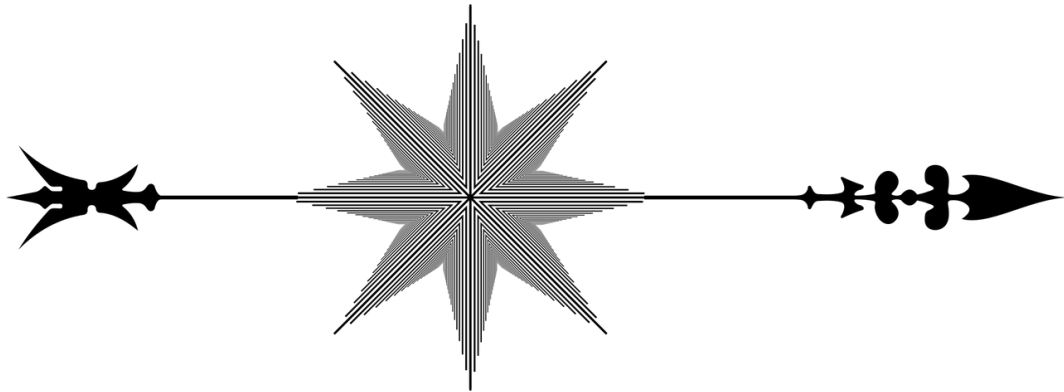
Thou shalt sit back and enjoy thy own company





Thou shall listen to
inspirational
music

Thou shall be positively charged



- Look for the good
- Look for the beauty
- Be good to yourself
- Foster self-forgiveness
- Kill Negativity



Thou shall
seek out and
strengthen
family
relationships

Thou shalt begin a regular correspondence
with a friend, the more long lost the friend, the
merrier

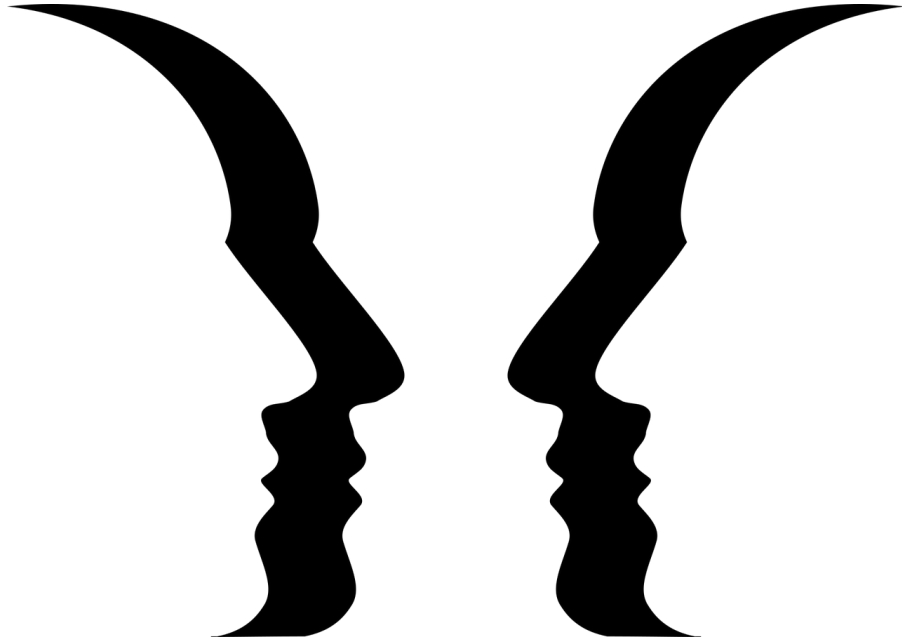




Thou shall write to the editor of a newspaper
or a magazine and speak out on an issue that
you are passionate about



Thou shalt interact with people in different fields



Thou shalt visit hospitals and hospices to find
out just how healthy you are.



Thou shalt focus on clean eating



Thou shalt give up on excessive consumption of alcohol



Thou shalt seek out a stimulating peer group and
have fun with them



Thou shall always consider the other side of the story, the other point of view, the other witness, the other philosophy-that is not yours



Thou shall get involved with the Pouth



- ✓ Mentor
- ✓ Coach
- ✓ Teach
- ✓ Work together on a project
- ✓ Ah, you are one, great

Thou shalt enjoy a Biography or Autobiography
of somebody you admire



Thou shalt attend a lecture on something,
anything,



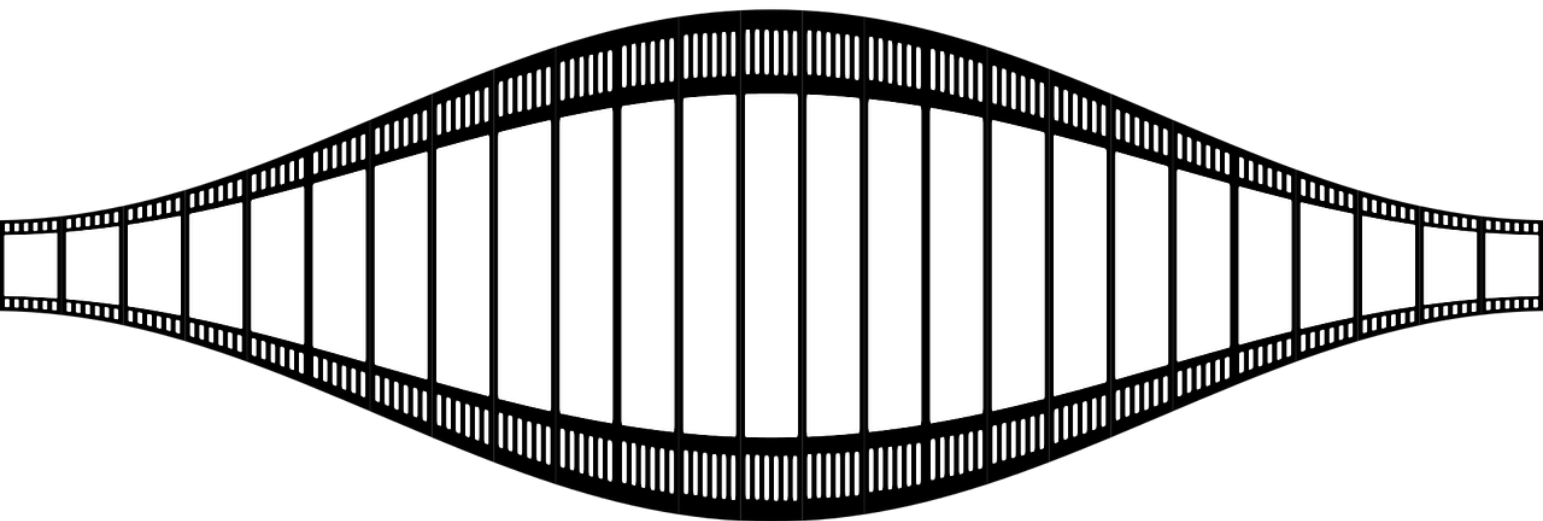
51

Thou shalt take a sabbatical

Thou shalt earn a new degree in a new area of interest

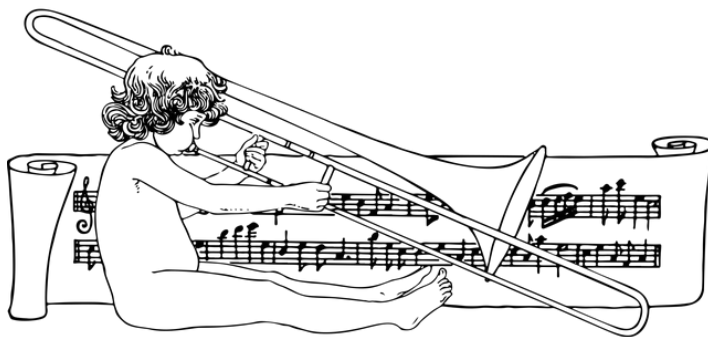


Thou shalt watch Foreign films and all the glory
that is subtitles

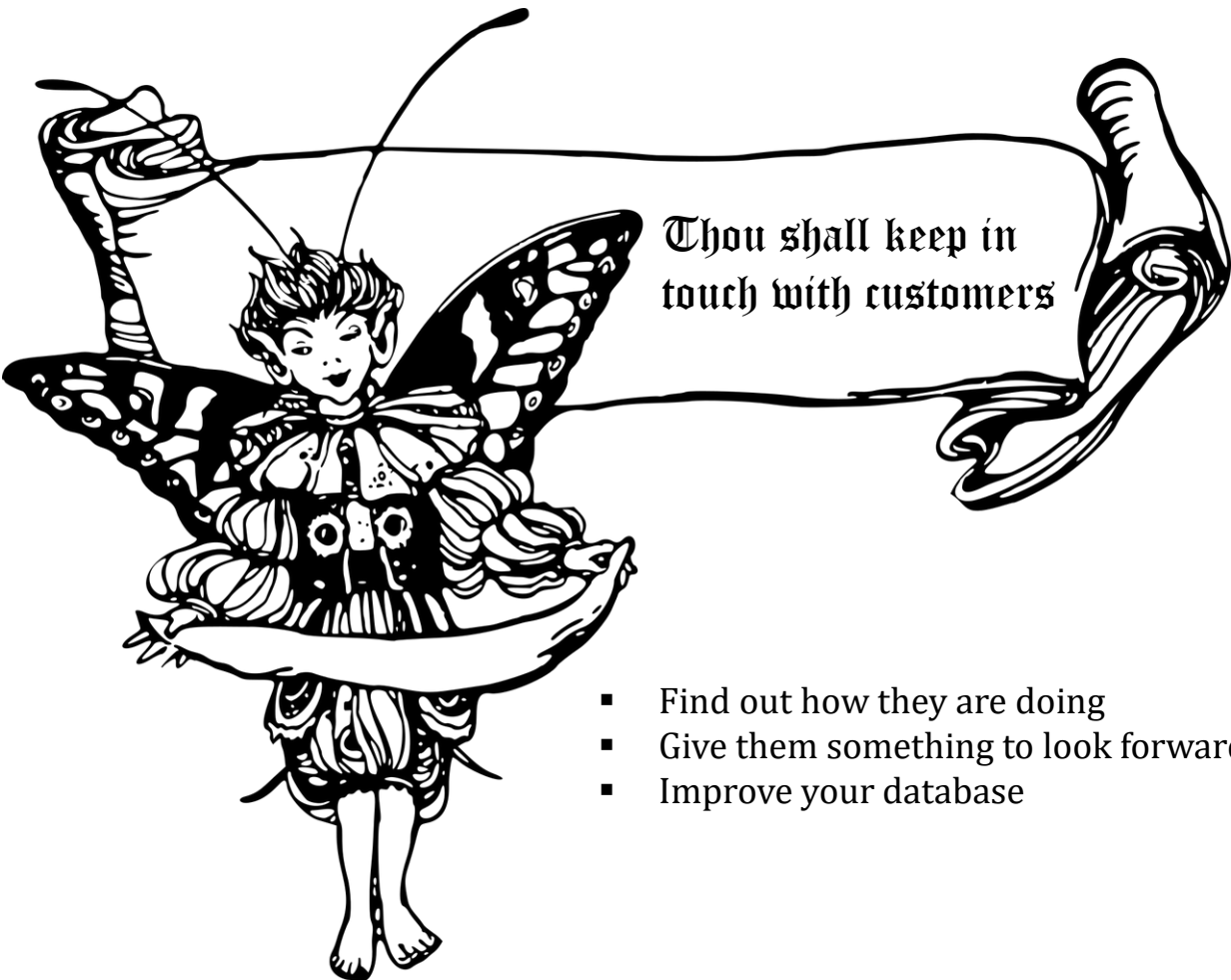


Thou shalt learn to code

Thou shalt learn to create music



Learn to play a musical instrument



- Find out how they are doing
- Give them something to look forward to
- Improve your database

57

Thou shall read



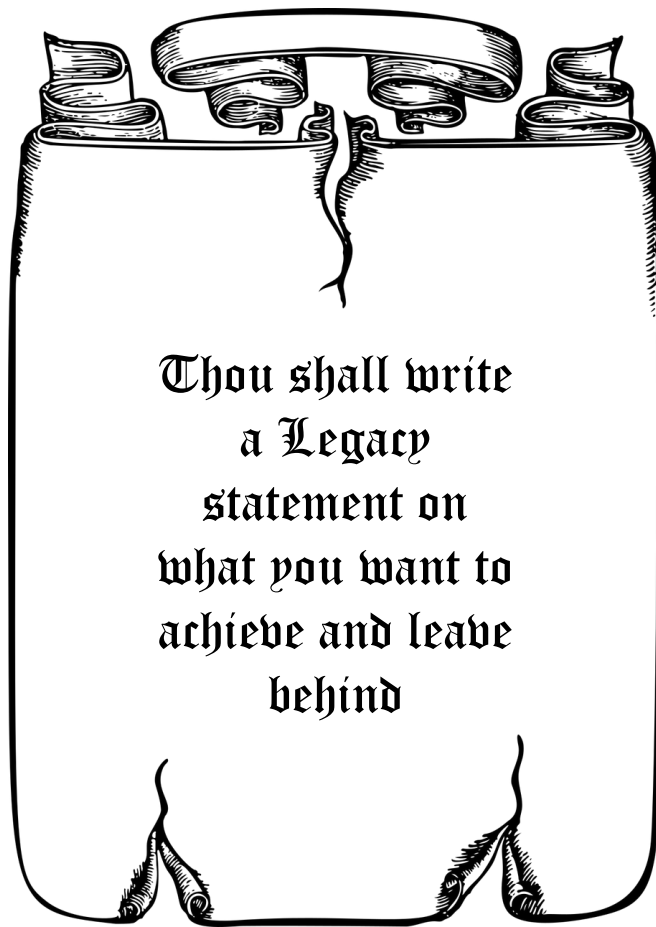
Fiction | Non-Fiction | Unclassifiable

Thou shalt recognize and get rid of stress in
your life with extreme prejudice



Thou shalt learn to play a different sport, learn the
rules of a new game



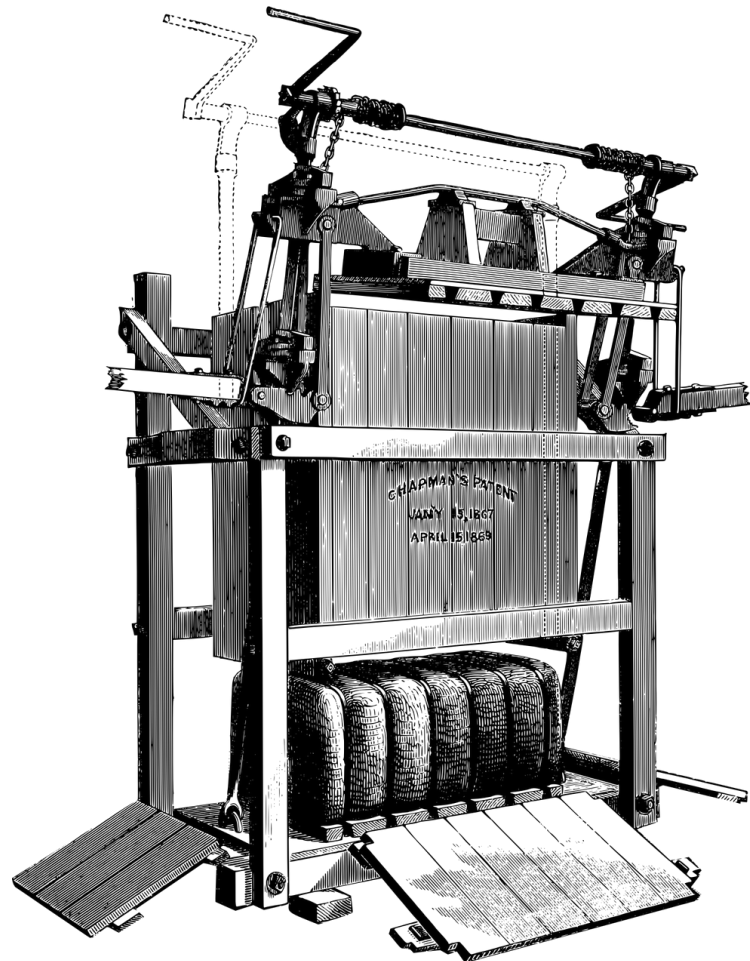


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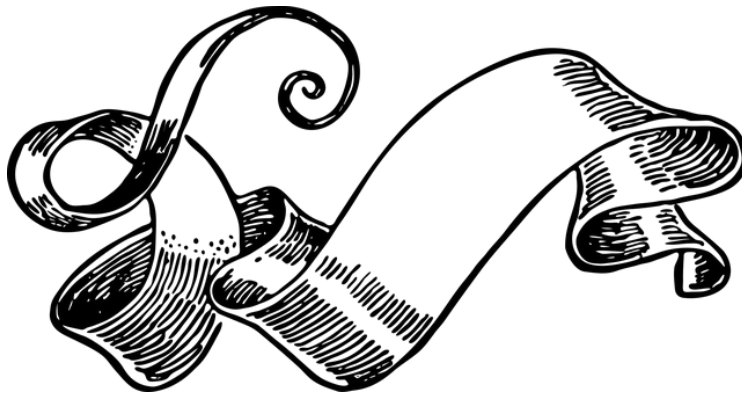
Thou shall Meditate



Thou
shall
finish
projects
or
discard
them



Thou shalt learn to remember people's
names, especially those darn acquaintances



Thou shalt sit down and make a financial
plan for your life



Thou shall meet those fears head on, and see
that they are not as jacked up as thought they
were



fin

Images by Gordon Johnson from Pixabay
<https://www.deviantart.com/gdj2018/gallery>

THE MAVERICKS

Who are we?

Heroes-that is what we are

Heroes of what you ask?

Heroes of Time and Space.

Space where?

Space in History,

Space in a Movement,

Space in a Revolution,

Space in a Dynasty.

We are the Mavericks

Ploughing through time

Planting seeds of our greatness

Seeds that turn to Grapes of glory

Glory that we shall toast and drink

To our special breed, the Mavericks.

Ad infinitum, ad aeternum.



gumroad.com/livaracci